



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #16

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Strawberry Oatmeal	Peanut Butter Banana Sandwich	Cheese Quesadilla		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Juice, Fruit, or Vegetable <b>4x whole, 2x fresh F/V</b>	Strawberries- frozen, unsweetened	Banana- fresh	Applesauce- unsweetened	Orange Slices- fresh	
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Toast (WG)	
Other Foods <b>3x Meat/Meat Alternate</b>		Peanut Butter	Cheese	Scrambled Eggs	
<b>LUNCH</b>	Beef Taco Salad	BBQ Chicken (HM)	Baked Ham	Turkey Tetrazzini	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Lettuce, Tomatoes- fresh	Broccoli Salad- fresh	Green Beans- canned	Red Peppers- fresh	
	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Baked Sweet Potatoes with Apples- fresh	Apricots- canned, unsweetened	
Grains/Bread Component <b>3x Whole Grain</b>	Corn Chips	Whole Wheat Bread (WG)	Whole Wheat Dinner Rolls (WG)	Whole Wheat Rotini (WG)	
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef, Shredded Cheese	Chicken	Ham Chunks	Turkey	
Other Foods	Sour Cream, Taco Sauce	BBQ Sauce		Ranch Dressing	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Cheese Crackers		
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Applesauce- unsweetened	Cucumber Slices, Carrots- fresh		Grapes, Kiwi- fresh	
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Whole Wheat Toast (WG)		Wheat Thins (WG)		
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>			Cheese Slices	Cottage Cheese	
Other Foods		Ranch Dressing			

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #16

WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Blueberry Oatmeal		Peanut Butter Banana Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Juice, Fruit, or Vegetable <b>4x whole, 3x fresh F/V</b>	Cutie Oranges- fresh	Blueberries- frozen, unsweetened	Apples- fresh	Banana- fresh	
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Grain Bran Flakes cereal (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	
Other Foods <b>2x Meat/Meat Alternate</b>			Hash Browns with Cheese and Eggs	Peanut Butter	
<b>LUNCH</b>	Tuna Salad (HM) with Mozzarella Pasta	Pork Stir Fry	Corn Flake Baked Chicken Nuggets (HM)	Baked Turkey	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Broccoli, Cherry Tomatoes- fresh	Stir-Fry Vegetables- frozen	Coleslaw- fresh	Sweet Potatoes- fresh	
	Tropical Fruit Salad- canned, unsweetened	Pears- canned, unsweetened	Cutie Oranges- fresh	Apple Slices- canned, unsweetened	
Grains/Bread Component <b>4x Whole Grain</b>	Wheat Thins (WG), Pasta	Brown Rice (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)	
Meat or Meat Alternate <b>0x highly processed</b>	Tuna, Mozzarella Cheese	Pork	Chicken	Turkey	
Other Foods			Corn Flakes cereal		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Junior Trail Mix		Peanut Butter Toast		
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Apple Slices- canned, unsweetened	Kiwi- fresh	Cherry Tomatoes- fresh	
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>	Cheerios cereal (WG), Kix cereal (WG)		Whole Wheat Toast (WG)		
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Cheese Stick	Peanut Butter	Cottage Cheese	
Other Foods	Raisins				

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #16

WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Strawberry n' Yogurt Pancakes	Cheese Sandwich	Blueberry Oatmeal		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Juice, Fruit, or Vegetable <b>4x whole, 1x fresh F/V</b>	Strawberries- fresh	Pineapple- canned, unsweetened	Blueberries- frozen, unsweetened	Peaches- canned, unsweetened	
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Pancakes (WG)	Whole Wheat Bread (WG)	Oatmeal (WG)	Whole Grain Bran Flakes cereal (WG)	
Other Foods <b>2x Meat/Meat Alternate</b>	Vanilla Yogurt; **no syrup**	Cheese			
<b>LUNCH</b>	Tomato Pasta Soup (HM)	Pizza Burger (HM)	Ham and Beans	Mexican Meatloaf (HM)	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Tomato Juice, Tomato Paste- canned	Potato Wedges- fresh	Cooked Carrots- frozen	Peppers, Lettuce, Tomatoes- fresh	
	Apple Slices- canned, unsweetened	Mixed Fruit- canned, unsweetened	Banana- fresh	Pineapple- canned, unsweetened	
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Rotini (WG)	Whole Wheat Hamburger Bun (WG)	Cornbread	Whole Wheat Bread (WG)	
Meat or Meat Alternate <b>0x highly processed</b>	Cheese Sticks (2)	Ground Beef, Mozzarella Cheese	Ham, Beans	Ground Beef	
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Cheese Quesadilla	
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Broccoli, Cauliflower- fresh	Cherry Tomatoes- fresh		Strawberries- fresh	
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Wheat Thins (WG)	Graham Crackers	Whole Wheat Tortilla (WG)	
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Cottage Cheese	Vanilla Yogurt	Cheese	
Other Foods	Ranch Dressing				



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #16

WEEK OF Week 4

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Berry Oatmeal	Peanut Butter Toast	Parfait	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Juice, Fruit, or Vegetable <b>4x whole, 1x fresh F/V</b>	Cutie Oranges- fresh	Mixed Berries- frozen, unsweetened	Applesauce- unsweetened	Mixed Berries- frozen, unsweetened	
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Kix cereal (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)	Cheerios (WG)	
Other Foods <b>2x Meat/Meat Alternate</b>			Peanut Butter	Vanilla Yogurt	
<b>LUNCH</b>	Macaroni and Cheese with Ham (HM)	Fish Nuggets (CN)	BBQ Meatballs (HM)	Baked Pork Chops	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	
2 Servings of Fruit and/or Vegetables	Cooked Carrots- frozen	Corn- frozen	Green Beans- frozen	Broccoli, Turnips- fresh	
<b>3x fresh</b>	Fruit Cocktail- canned, unsweetened	Kiwi- fresh	Pineapple- fresh	Peaches- canned, unsweetened	
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Rotini (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)	Brown Rice Pilaf (WG)	
Meat or Meat Alternate <b>1x highly processed</b>	Ham Chunks, Cheese	Fish Nuggets (CN)	Ground Beef	Pork Chops	
Other Foods			BBQ Sauce		
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Cheese Crackers			
Fluid Milk			1% Milk	1% Milk	
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Apple Slices- canned, unsweetened		Strawberries- fresh	Banana- fresh	
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>		Wheat Thins (WG)		Whole Wheat Healthy Bran Muffin (WG) (sweet)	
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Hardboiled Eggs	Cheese Slices			
Other Foods					

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218